

Does my Child need Fluoride?

Children who are at risk for dental decay or do not live in communities with fluoridated water benefit from the application of fluoride (varnish) to their teeth to help stop or prevent decay.

Is Fluoride Varnish Safe?

Yes, fluoride varnish can be used on babies from the time they have their first teeth. Only a very small amount of fluoride varnish is used.

At what age should Fluoride Varnish be applied?

Fluoride varnish is recommended for children of all ages, including infants. Fluoride varnish is an effective replacement for weekly school fluoride mouthrinse programs

To learn more about Fluoride Varnish talk to your dentist, or contact:

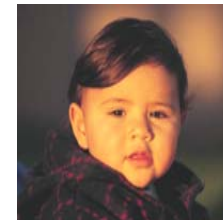
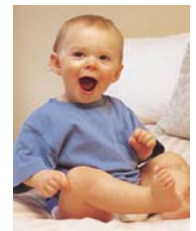


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Fluoride Varnish

Protect Your Child's Developing Smile



What is Fluoride Varnish?

Fluoride varnish is a protective coating that is painted on teeth to help prevent new cavities and to help stop cavities that have already started.

The paint on fluoride varnish is sticky, so it attaches to the teeth easily and makes the outer layer (enamel) of the teeth harder helping to prevent cavities.

Why is Fluoride Varnish Recommended for Children's Teeth?

Tooth decay is one of the most common preventable diseases seen in children. Children as young as 12-18 months can get cavities. Cavities in children's teeth can cause pain and prevent children from eating, speaking, sleeping and learning.



Who will provide this Service?

A trained health professional will apply the fluoride varnish to your child's teeth.

How long does Fluoride Varnish Last?

The fluoride varnish sticks to the teeth until brushed away the next day, however, the benefits of the fluoride will last for several months. Fluoride varnish needs to be reapplied every 3-4 months for best results.

What is the cost to have fluoride varnish applied?

Cost per fluoride varnish application is approximately 65 cents or \$2.60 per child for the recommended four applications. Grants or other funding may be available to help with the cost of varnish application for your school.

How is Fluoride Varnish Applied to the Teeth?

The fluoride varnish is painted on the teeth with a small disposable brush. It is quick, painless, easy and does not have a bad taste.



What to do after fluoride varnish is applied to my child's teeth?

- **Do not brush** your child's teeth until the next day.
- Do not eat hard or chewy foods or chew gum on the treatment day. This might chip the varnish off.
- The fluoride varnish is yellow, therefore, teeth will appear yellow for 24 hours. This yellow color will go away when the teeth are brushed the next day.
- Children taking fluoride supplements should discontinue use of supplements for 2-3 days following treatment.